HAJ & UMRAH KA AASAN TARIQA

Talib-e-Dua

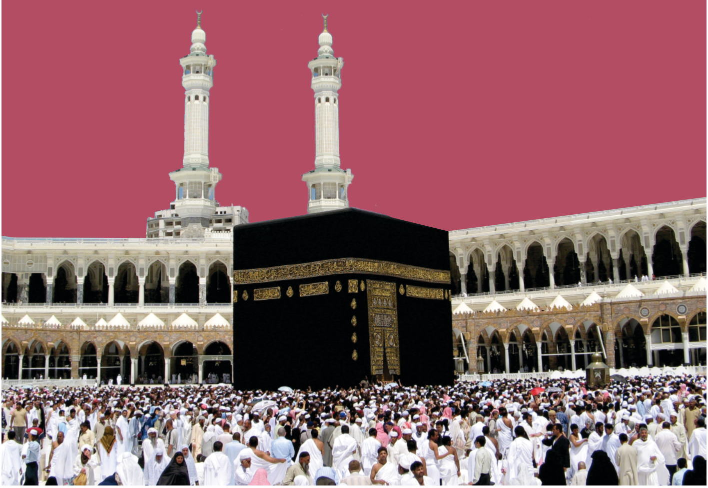
Mufti Maqbool Ahmed Miftahi

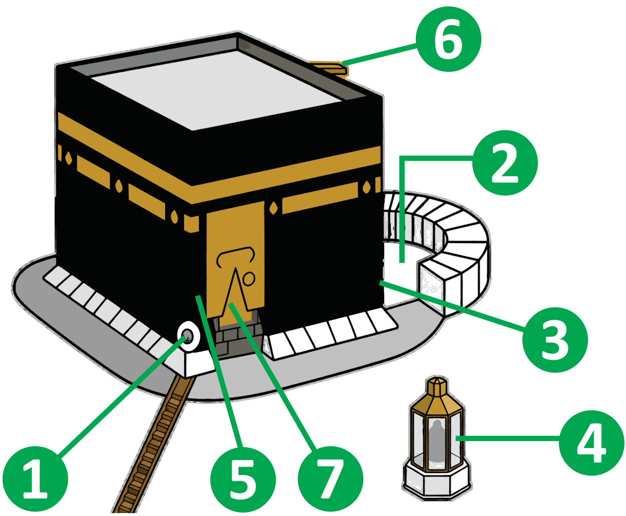
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(1) **Hajar-e-Aswad:** Woh jannati pathar, jisko chhoone ya door se salaam karne pe saare gunaah maaf hojate hain.

(2) **Hateem:** Yeh woh jagah hai jo Hazrat Ibrahim (AS) ke zamane mein Khana-e-Kaaba mein daakhil thi, yahan namaaz padhna Kaaba ke andar namaaz padhne ke barabar hai.

(3) **Rukn-e-Yamani:** Yeh woh pathar hai jisko bosa dena bhi ibadat hai, is se bhi gunaah mit jaate hain.

(4) **Maqam-e-Ibrahim:** Yeh woh maqam aur pathar hai jis par Hazrat Ibrahim (AS) khade hokar Kaaba ki tameer farmai thi.

(5) **Multazam:** Hajar-e-Aswad aur Kaaba ke darwaze ke darmiyan ki jagah, jahan dua khusoosiyat ke saath qubool hoti hai.

(6) **Meezab-e-Rahmat:** Kaaba-tullah ki chhat par laga hua 'parnala' hai jis se gira hua pani intehai babarkat hota hai.

(7) **Kaaba ka Darwaza**

(8) **Mataf:** Kaaba ke atraaf ki mukammal jagah ko kehte hain jahan saare log tawaf karte hain.

Umrah Ka Tareeqa:

- ☆ Meeqat per ya ghar per ghusal karke ehram ki chaadrein baandh lein aur dono kaandhay dhampte hue 2 rakat nafil ada karein, phir agar meeqat per ehram baandha ho to wahein talbiyah parh ker umrah ki niyat ker lein, (niyat ke liye talbiyah parhna zaroori hai).
- ☆ Aur ghar ya apne sheher mein ghusal kerke ehram baandha ho to fil haal niyat nah kerin, yahan tak keh jab jahaz parwaaz kerjaye to meeqat aanay se pehlay umray ki niyat kerke talbiyah parhein.
- ☆ Doran-e-safar Masjid-al-Haram tak talbiyah ka wird karte rahein.
- ☆ Baitullah mein daakhil hotay hue agar farz namaz ki jamaat ka waqt nah ho to pehla kaam tawaaf ka hi karein.
- ☆ Mataf mein daakhil hotay hue iztiba (dayaan kaandha nanga) karlen, tawaaf Hajar-e-Aswad se shuru kerein.
- ☆ Tawaaf shuru kerne se pehlay tawaaf ki niyat kerein, phir Hajar-e-Aswad ki seedh mein kharay ho ker jaisay namaz mein takbeer-e-tehrima ke liye haath uthatay hain isi tarah dono kaano tak haath utha kar *Bismillah Allahu Akbar* keh kar Hajar-e-Aswad ko bosa dein (agar mumkin

nah ho to) ussay haath laga kar choom lein, (aur agar yeh bhi mumkin nahi) to sirf haath se ishaara ker dein. (Hajar-e-Aswad ki simt (direction) pehchan'ne ke liye is ke bilkul seedh mein haram ki imarat per aik green light lagi hui hai.)

- ☆ Pehle teen chakkaroon (round) mein mumkin ho to ramal kerein (yani kaandhay hilatay hue aahista dourein).
- ☆ Hajar-e-Aswad se Hajar-e-Aswad tak aik chakkar (round) mukammal hota hai. Is tarah saat chakkar mukammal kerein.
- ☆ Agar mumkin hosake to har chakkar mein Rukn-e-Yamani ko chhooen, (agar mumkin nah ho to Rukn-e-Yamani ko bosa dena ya ishaara kerne ki zaroorat nahi hai).
- ☆ Tawaaf ke har chakkar mein jo duaein Arabi mein yaad hon woh karein, apni zabaan mein bhi duayein kersakte hain.
- ☆ Tawaaf ke doran ya tawaaf ke baad Multazam (Hajar-e-Aswad aur Kaaba-tullah ke darwaazay ke darmiyan ki jagah) per ya Kaaba-tullah ki deewar ke saath ya Hateem mein ya jo jagah bhi muyassar aajaye khoob duayein kerein.
- ☆ Agar Hajar-e-Aswad, Multazam, Rukn-e-Yamani waghera per khushbu lagi hui ho to uss se zara door hatt ker thehrein.
- ☆ Tawaaf mukammal honay ke baad

Maqam-e-Ibrahim Alaihi Salaam ke paas do rakatain tawaaf ki niyat se ada ker lein, agar Maqam-e-Ibrahim ke paas namaz ada kerna mumkin nah ho to jahan jagah mil jaye ada karlen.

☆ Aab-e-Zam Zam (khoob) sair ho ker piyen. Jab jab bhi Zam Zam piyen zabaan ya dil dil mein zaroor dua karein.

☆ Phir Sa'ee ke liye Safa jaein, Safa per Allahu Akbar keh ker yeh dua parhein:
Laa ilaaha illallaahu wahdahu laa shareeka lahu, lahul mulku wa lahul hamdu, yuhyee wa yumeetu, wa huwa 'alaa kulli shai'in qadeer, laa ilaaha illallaahu wahdahu, anjaza wa'dahu, wa nasara 'abdahu, wa hazamal ahzaaba wahdahu..

☆ Is ke elawa aur jo dil chahay duayein maangain.

☆ Safa se chalna shuru kerein, jab green light per pahunchein to light khatam honay tak sirf mard hazraat dourein, phir Marwa tak pahunchein. Marwa per bhi wohi duayein kerein. Safa se Marwa tak sa'ee ka aik chakkar shumaar hota hai. Is tarah sa'ee ke saat chakkar mukammal kerein.

☆ Sa'ee ke baad sir ke mukammal baal katwaein, ya poorey sir se baal chhotey karwaein, aur auratein apni ungli ke poor barabar baal katwaein. Umrah mukammal hogaya.

HAJJ KA PEHLA DIN - 8 ZIL-HAJA
(1st Day)

Aap Makkah me hain !

1. Ghusul ya wazu karkay hajj ka ahraam bandhen. (yeh hajj ke liye shart hai)
2. 2 rakat Nafil Namaz ada karkay hajj ki niyat karen. (niyat karna farz hai chahe dil se ho ya zabaan se)
3. Talbiya padhen (Talbiah padhnay ke baad hi niyat ki takmeel hogi)
4. Makkah se Minaa ke liye rawana hojain, Zohar se qabal pahoncne ki poori koshish karen.

   Ab aap Minaa me hain
5. baqiya din aur poori raat Minaa me guzaren.
6. Zohar , Asar, Maghrib, Isha Minaa me ada karen.
7. Jis qadar hosakay ebadaat, aur Duao ka khoob ihtimaam karen.

HAJJ KA DOSRA DIN - 9 ZIL-HAJJA
(2nd Day)

Aap abhi Minaa me hain !

1. Fajar ki namaz Minaa me ada karen.
2. Fajar ki namaz ke baad Takbir-e-Tashreeq parhen.

Note : 9 Zil-hajja ki Fajar se leker 13 Zil-hajja ki Asar tak har farz namaz ke baad Takbir-e-Tashreeq parhna wajib hai.

3. Namaz ke baad Maidan-e-Arfat ke liye rawana ho jaien.
4. Talbiuah padhte rahen.
5. Zawaal tak Arfat pahonch jayen.
6. Maidan Arfat me waqoof karen. (ye hajj ka farz hai)
7. hajj ka khutba sune aur imam ki eqtadaa mein Zhhar aur Asar ki namaz ek saath ada karen,

Note : Agar Masjid-e-Nimra ke imam ke peechay namaz ada na kar rahay hon to phir Zohar ko Zohar ke waqt me aur Asar ko Asar ke waqt me ada karen.

8. Sooraj ghuroob honay tak Arfa mein thairen. (yeh wajib hai)
9. Jis qadar hosakay Tilawat, Zikar, Nawafil, deegar ebadaat aur khaas tawr par dua o istighfar ka ihtimaam karen, Arfa ka din bohat ahem hai is ka aik lamha bhi zaaya honay na den.
10. Sooraj ghuroob honay ke baad Arfat se Muzdalifa ke liye rawana ho jaien. (yeh wajib hai)

11. Raat Muzdalifa mein guzaraian.
12. Muzdalifa pahonchne ke baad Isha ke waqt mein pehlay Maghrib ki namaz padhen phir Isha ki namaz padhen.
13. Raat mein hasb-e-himmat Duao ka ihtimaam karen.

HAJJ KA TEESRA DIN - 10 ZIL-HAJJA
(3rd Day)

Aap Muzdalifa me hain

1. Muzdalifa me Fajar ki namaz ada karen,
2. Sooraj nikalnay tak Muzdalifa mein tehrein.
3. 70 kankariyan Muzdalifa hi se chun len (kuch kankariyan Muzdalifa se aur kuch Minaa se bhi chunna jaaiz hai)
4. Sooraj niklne ke baad Minaa ke liye rawana ho jaien.
5. Talbiah parhte rahen.
6. Mmaghrib se pehlay pehlay tak sirf baday shaitaan ko kankariyan maaren agar rush ki wajah se na marske to maghrib ke baad bhi maar sakte hain. (kankariyan maarna wajib hai)
7. Baday shaitaan ko pehli kankari maartay hi ab Talbiyah padhna band kar dein.
8. Qurbani karen. (yeh wajib hai)
   (10 Zil-hajja se leker 12 Zil-hajja tak kabhi

bhi Qurbani kar saktay hain)

9. Halaq (Hair Cutting) karayen yani sar ke pooray baal kaatein, ya Qasar (Hair Trimming) yani sar ke baal chhootay karwaen, pooray baal kaatna afazal hai. (halaq ya qasr wajib hai)
10. Baal katwane ke baad ahraam khol kar koi se bhi kapday pehan satke hain, ahram ki pabandiyan ab khatam ho jaingi, Albata biwi se mubasharat Tawaf-e-Ziyarat ke baad halal hogi.

Note:

pehlay baday shaitaan ko kankariyan maarna phir Qurbani karna phir baal katwana yeh isi tarteeb se wajib hai, Albata rush ya mazoori ki wajah se tarteeb me faraq aajay to Dam wajib nahi hoga.

11. 10 Zil-hajja se leker 12 Zil-hajja ko Sooraj ghuroob honay se pehlay tak kisi bhi waqt Makkah Mukarramah jaakar Baitullah ka Tawaf-e-Ziyarat karen. (yeh farz hai)
12. Tawaf-e-Ziyarat ke baad Saee (Safa Marwa ke Chakkar) karen. (yeh wajib hai)
13. Tawaf aur Saee se farigh hokar wapas Minaa aajayen.
14. Baqiya din aur raat Minaa mein qiyam

karen.

15. Jis qadar hosakay ebadaat, aur Duao ka khoob ihtimaam karen.

HAJJ KA CHOUTHA DIN - 11 ZIL-HAJJA
(4th Day)

1. Din aur raat Minaa mein guzaraian.
2. Teenaw (3) shaitanon ko kankariyan marain. (yeh wajib hai)
3. Jis qadar hosakay ebadaat, aur Duao ka ihtimaam karen.
4. 10 Zil-hajja ko Qurbani na kar sakay to aaj Qurbani karkay baal katwalen.
5. Tawaf-e-Ziyarat nahi kar sakay to aaj Makkah Mukarramah jaakar Tawaf-e-Ziyarat karlen phir saee karen.
6. Jis qadar hosakay ibadat, aur Duao ka ihtimaam karen.

HAJJ KA PANCHAWAN DIN - 12 ZIL-HAJJA
(5th Day)

1. Din bhar Minaa mein qiyam karen.
2. Teenaw shaitanon ko kankariyan marain.
3. Jis qadar hosakay ebadaat, aur Duao ka ihtimaam karen.
4. Ab tak Qurbani nahi kar sakay to aaj kisi tarah bhi Qurbani karkay baal katwalen.

5. Ab tak Tawaf-e-Ziyarat nahi kar sakay to aaj Sooraj ghuroob honay se pehlay pehlay kisi tarah bhi Tawaf-e-Ziyarat karkay phir Saee karlen.

12 Zil-hajja ke baad apne ghar wapsi se pehlay pehlay Tawaf-e-Vidaa karlen, yeh tuwaf wajib hai.

Note :

hajj mein jo aamaal zurori hain un aamaal ke sath " yeh farz hai" " yeh wajib hai" likhdiya gaya hai. baqiya aamaal sunnat hain.

Hukum :

Farz missd ho jaye to hajj hi nahi hota aur wajib missd ho jaye to Dam (Penalty of Zabiha) wajib hota hai, Dam de dene se hajj poora hojata hai. Agar kuchh ghalti hojaye to kisi aalim se tafseel maloom karlen.

HAJJ KI NIYYAT

اَللّٰهُمَّ اِنِّي أُرِيْدُ الْحَجَّ، فَيَسِّرْهُ لِي، وَتَقَبَّلْهُ مِنِّي

Aey Allah ! my hajj ka irada karta hon, is ko aasaan kar dijiye, aur qubool farmalijiye.

TALBIYAH

لَبَّيْكَ، اَللّٰهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيْكَ لَكَ لَبَّيْكَ،

اِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ، لَا شَرِيْكَ لَكَ

Tarjuma : my haazir hon, ya Allah my haazir hon, aap ka koi shareek nahi, my haazir hon. be-shak tamam tareefen aur nematain aap ji ke liye hain, aur badshahi bhi aap hi ki hai, aap ka koi shareek nahi hai.

HAJR-E-ASWAD

ki taraf ishaara karkay tawaf start karte waqt padhen.

بِسْمِ اللهِ اَللهُ اَكْبَرُ، لَا اِلٰهَ اِلَّا اللهُ وَلِلّٰهِ الْحَمْدُ

AAB-E-ZAMZAM PEENE KE BAAD KI DUA

اَللّٰهُمَّ اِنِّي اَسْأَلُكَ عِلْمًا نَافِعًا، وَّرِزْقًا وَّاسِعًا،

وَّشِفَآءً مِّنْ كُلِّ دَآءٍ

ARFA KE DIN KI MASNOON DUA

لَا إِلٰهَ إِلَّا اللّٰهُ وَحْدَهٗ لَا شَرِيْكَ لَهٗ، لَهُ الْمُلْكُ وَلَهُ
الْحَمْدُ وَهُوَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ (ترمذی)

اَللّٰهُمَّ اِنَّكَ تَسْمَعُ كَلَامِيْ وَتَرٰى مَكَانِيْ وَتَعْلَمُ
سِرِّيْ وَعَلَانِيَتِيْ وَلَا يَخْفٰى عَلَيْكَ شَيْءٌ مِّنْ
اَمْرِيْ وَاَنَا الْبَآئِسُ الْفَقِيْرُ وَالْمُسْتَغِيْثُ
الْمُسْتَجِيْرُ وَالْوَجِلُ الْمُشْفِقُ الْمُقِرُّ الْمُعْتَرِفُ
بِذَنْبِيْ اِلَيْكَ اَسْأَلُكَ مَسْأَلَةَ الْمِسْكِيْنِ وَاَبْتَهِلُ
اِلَيْكَ اِبْتِهَالَ الْمُذْنِبِ الذَّلِيْلِ وَاَدْعُوْكَ دُعَآءَ
الْخَائِفِ الضَّرِيْرِ وَدُعَآءَ مَنْ خَضَعَتْ لَكَ
رَقَبَتُه وَفَاضَتْ لَكَ عَبْرَتُهٗ وَ ذَلَّ لَكَ جِسْمُهٗ
وَرَغِمَ لَكَ اَنْفُهٗ، رَبِّ لَا تَجْعَلْنِيْ بِدُعَآءِكَ شَقِيًّا
وَّكُنْ بِيْ رَءُوْفًا رَّحِيْمًا يَا خَيْرَ الْمَسْئُوْلِيْنَ يَا خَيْرَ
الْمُعْطِيْنَ

Aey Allah ! aap meri baat suntay hain, mera maqam dekhte hain, mere khulay chupay sab ko jantay hain, mera koi haal, koi maamla, koi zaroorat aap se posheeda nahi. my intahai museebat zada aur bilkul faqeer hon, my aap se faryaad karta hon aur panah talab karta hon, kaanpta hon aur darta hon, aap ki bargaah mein apne gunaaho ka iqraar aur aitraaf karta hon. mera sawal aik miskeen ka sawal hai, gidgida raha hon ke sakht zaleel gunahgaar hon, aap ko pukaar raha hon ke dar ka mara aur nuqsaan zada hon. meri gardan aap ke agay jhuki hui hai, jism aap ke samnay zaleel o ruswa hai, naak aap ke samnay khaak alood hai, aur aankhon se ansoo beh rahay hain. aisa na kiijiye ke aap se mangnay ke baad my badbakht rahon, mujh ko apni rehmat o shafqat se dhaanp lijiye. Aey sab se behtar jis se mangnay wala mangay, Aey sab se behtar ataa karne walay !

Aajizana Guzarish

Dua hai ke Allah taala aap ke hajj aur aap ki tamam duayen qubool farmay, Aajizana gzarsh hai ke apni Duao mein poori ummat ko yaad rakhnay ke sath sath mujhe aur mere walidain marhomeen ko bhi yaad rakhen, Jazakumllah.

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